

<b>Dermatophyte infection of the skin</b>		
V2.1	Last reviewed: 16/03/2023	Review date: March 2026

**SKIN AND SOFT TISSUE INFECTIONS**  
**Dermatophyte infection of the skin**  
(Fungal skin infection – body and groin CKS)

Dermatophytes are fungal organisms that require keratin for growth. These fungi can cause superficial infections of the hair, skin, and nails. Dermatophytes are spread by direct contact from other people, animals, soil, and objects.

Send skin sample(s) for fungal microscopy and culture, if there is severe or extensive disease in adults, or the diagnosis is uncertain.

**Request ‘Advice and Guidance’ or referral to a dermatology specialist,** (urgency depending on clinical judgement), if:

- There is severe or extensive disease, or topical antifungal treatment is unsuccessful in a child.
- The diagnosis is uncertain.
- Treatment in primary care is unsuccessful or there are frequent recurrences.
- The person is immunocompromised, depending on clinical judgement.

**Treatment:**

- All topical treatments are available to purchase over the counter.
- Terbinafine is fungicidal. One week’s treatment with topical 1% terbinafine is as effective as four weeks topical azole treatment.
- Imidazoles or undecenoates are fungistatic, less effective and treatment courses are longer.
- If candida possible, use topical clotrimazole.
- If intractable or disease extensive, in diffuse palmar or moccasin-type infections consider oral terbinafine for 2-4 weeks.

Medicine <sup>1</sup>	Dosage	Duration
First choice: topical treatment		
Topical terbinafine 1% ( $\geq 12$ years of age)	Apply once or twice a day	1-2 weeks
For children or if candida possible		
Topical clotrimazole 1%	Apply two to three times a day	At least 4 weeks
Alternative in athletes’ foot (Tinea Pedis)		
Topical undecenoates E.g., Mycota <sup>®</sup>	Apply once or twice a day	4-6 weeks
If systemic treatment required (intractable or extensive disease) – children must be referred		
Terbinafine (Idiosyncratic liver reactions occur rarely with terbinafine)	<b>Adults and children &gt;17 years:</b> 250mg once a day	4 weeks for infection of body 2-4 weeks for infection of groin

<sup>1</sup>See [BNF](#) and [BNFC](#) for appropriate use and dosing in specific populations, e.g., hepatic, or renal impairment, pregnancy, and breastfeeding.

Version Control – Dermatophyte infection of skin			
Version	Author(s)	Date	Changes
V2.1	Nichola Butcher, MO, and Interface Pharmacist	16/03/23	Transferred onto standard template format. Definition added. Table updated to standard format and oral treatment added.